

# THE POINT

THE FITCHBURG STATE COLLEGE NEWSPAPER

ISSUE #5

SPRING 2002

WEEK OF MARCH 7<sup>TH</sup>

## FSC gets in shape

y Amy S. Bobrowski

As the weather warms up, so must the bodies of the FSC community for the spring season. On Fri., Mar. 1 Recreation Services and the Department of Exercise and Sport Science sponsored a program in honor of National Sports and Fitness Day. This day is recognized by the National Recreational-Recreational Sports Association (NIRSA), a foundation dedicated to "enhancing the future effectiveness of the recreational sports community and to maximizing that community's impact on society" ([www.nirsa.org](http://www.nirsa.org)).

FSC's National Sports and Fitness Day is a required product of students in Fitness Management (EXSS 3100) class. The purpose of the program, organized and run by 20 FSC students, was to "encourage individuals who don't normally use the Recreation Center to come down and give it a try," said Jeff Godin, Fitness director and the class's instructor. This year's program is the inaugural event of the Fitness Management class, which was offered for the first time this semester. This new class will be part of the new major in Exercise and Sport Science to be offered in the fall 2002 semester.

The events of Sports and Fitness day provided students with the opportunity to get a taste of both of the two tracks that will be offered as part of the major: clin-



The FitRock rotary rock wall was used for the competition as part of National Sports and Fitness Day.



Participants of the fitness test rode a stationary bike to discover their active heartbeat.

ical exercise physiology and exercise science/fitness management. The all day program offered a wide variety of activities available to the FSC community. The Fitness Megathon ran from 8 a.m. to 4 p.m. Participants used five different cardio machines in the fitness center for five minutes as distance and incline were recorded. Then participants used the bench and leg press as well as the AB machine and attempted to lift 80 percent of their body weight while doing the most repetitions.

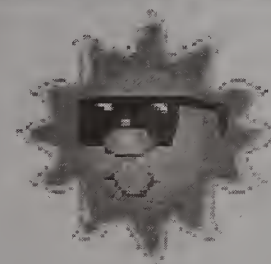
Winners in the Student's category were Jeff Storme, Krystal Mercogliano and Meghan Barry. There was a three-way tie in the Master's category between Janice Allen, Liz Fineberg, and Sigrid Parker. Winners of the events received plaques. "There was a surprisingly high female turnout as opposed to the male turnout," said senior, Scott Myers, "and people were really surprised with how out of shape they were. When they were done they said it was hard and that they thought they could have done so much more."

Continued on page 12

## New major fit for FSC

Beginning this fall, exercise and sports science will be available as an undergraduate major at FSC. This program will allow students to earn bachelor's degrees that will prepare them for careers in fitness management and clinical physiology.

For years the Exercise Science Department has offered an exercise science track in conjunction with the Biology Department and a fitness management track with the Business Administration Department. However it wasn't until just recently that the Board of High Education approved the exercise and sports science major. "This is Continued on page 5



THE POINT would like to wish everyone a happy and safe, **SPRING BREAK!**





# Letter from the Editor

## *A reminder of fate*

Bear with me here. To make this story sensible, and I am not sure if it is, a few things must be stated. First, I feel everything, whether spilling coffee on your shirt or fighting with a loved one, happens for a reason. Second, I believe in fate. Those things that happen for reason follow a certain timeline for our unfolding future and ourselves. Lastly, I started my own business last November. Anyway here we go. Again, bear with me.

It was Wednesday of last week. The time was 7:15 in the morning. I wake up, throw on clothes and unwantingly walk down to the North St. parking lot to move my car to the street just like every single other morning between December 1 to April 1. I can barely comprehend twelve inches in front of my face, plus it is more bitterly cold than an ex-girlfriend outside. Normally, I move my car to down by the gym and then work-out for an hour or so. But I was lazy and tired, so I moved it to Pearl St. Now, I had parked there at least three times before with

no orange surprise waiting on my windshield when I got back. Again, being lazy that morning, I say screw the gym, and crawled back into bed for an hour more of sleep before my 9:30 class.

The day goes by uneventful like any other day would in the middle of the school year. It wasn't until after talking to a friend and thinking about my business and career, that I am attempting to become successful at, did my day change away from the norm. While chatting with this friend, I start to second-guess what the hell I am trying to do with my life. I become filled with fear that I am in over my head. I should stop my course of action and take a more low key road of trying to accomplish a dream. I think to myself, it will never work out and I should just finish up college and get a job just like everyone else in the world.

After talking to some other friends about my fear for the future, I feel better and more confident, but still a little shaky about my business and my goals I have set.

We now move to 5 p.m. that night when I go to my car to move it into a lot so I can mindlessly wake up the next morning and move it back to the same street I was just on. Ahh, the vicious circle that is parking here at FSC.

What am I greeted with on my windshield? A \$50 <expletive> ticket from my buddies at the City of Fitchburg Police force. I want to put the ticket back on the windshield and punch through the glass I am so angry with myself for parking in such a stupid location.

By now, you might be thinking, ok, you had a bad day. Everyone questions him or herself and gets parking tickets. After thinking about my whole belief in that "everything happens for a reason" thingy, I came up with this reason for my actions.

As I was too lazy and not ambitious enough to move my car to an actual legal parking spot, I was penalized. As I sat in my room questioning the career I am about to embark on, I gave in to my fear.

The two events then suddenly correlated

in my mind. Never ever should I be lazy and uninspired, it brings consequences I do not enjoy facing in my young life.

By giving in to my fear and not going through with my business, it would be a lazy decision and one I would surely regret. Believe me, my checking account surely realizes that taking the time and not being a lazy, tired driver was a bad decision.

The ticket made me realize that what I was trying to do as a writer and with my career was something that holds with it goals that cannot be accomplished by taking the easy road. I must put in the effort, even if it means I do not want to.

I must look at my fears and say, I am going to beat you with self-confidence and ambition. I must learn to fight the cold, no matter how tough it is to walk through the blistering winds of opposition. And oh yeah, I must learn how to park legally around the crazy streets of Fitchburg.

Andy Levine  
Managing Editor

## \$63,000 and counting... So what's being done about it?

By Chris Fadden

What is being done to fix the parking problem here on campus? Reading Kristine McCaffrey's recent article makes me wonder what the FSC Administration is doing to resolve the campus parking epidemic.

Sure, we can have the "Parking Committee" come to our rescue, forcing us to rise and shine to the joys of finding a parking spot.

What good does this do when no parking spots open up at 7 a.m. The only spots that do open are from the Mount Wachusett Community College students, but the earliest classes there don't start until 8 a.m.

After reading Carolyn Reidy-Ruberti's statement that not allowing freshman to have cars would be "discriminatory" I researched other state schools in Massachusetts.

Officer Latusky of Salem State College informed me that they simply "do not allow freshmen to have cars." A waiver can be applied for if the student has a credible reason for having a car.

Another possibility was suggested by Officer Krasin of Framingham State College. At Framingham State there is a first-come, first-served policy. From these school we can see that there are alternatives to the parking dilemma.

In conclusion, I ask the Administration to step up to the plate. If there is work being done to alleviate this problem, let it be known-inform students of what is happening.

Remember, we the students are the reason pay checks go out here, and we deserve the right to know.

## THE POINT

### EDITOR-IN-CHIEF

Amy Bobrowski

### MANAGING EDITOR

Andrew Levine

### NEWS EDITOR

Joanna Jackson

### ART EDITORS

Roger Roy

### SPORTS EDITOR

Orlando Claffey

### FEATURES EDITOR

Sharlene Gugarty

### COPY EDITORS

### PHOTOGRAPHY EDITOR

Heather Rhodes

### PRODUCTION MANAGER

Melissa Ganley

### ADVERTISING MANAGER

Chris Denison

### GRAPHIC DESIGN

Stephanie Renaud

### BUSINESS MANAGER

Tony Lanni

### WRITERS THIS ISSUE

Meg Anderson

Chris Fadden

Jon Jones

Kristine McCaffrey

Courtney R. Parsons

Brad Smith

Kristen Wightman

### FACULTY ADVISER Doris Schmidt

CONTACT US AT [point@fsc.edu](mailto:point@fsc.edu) OR 278 665 3647

*The Point* considers for publication letters to the editor on any topic of interest to the Fitchburg State College community. All submissions run at the discretion of the Editor-in-Chief and are subject to editing for style and length.

All articles must be typed or legibly handwritten and include a name and phone number in case of questions. All letters in response to an article must be submitted within two days after the article is published.

Announcements should be short, including dates, places, times and a contact person.

The content of any article labeled Opinion does not necessarily represent the views of *The Point*, its staff, or Fitchburg State College.

*The Point* is the student news source of Fitchburg State College. The reprinting of any material herein is prohibited without the express written consent of the Editor-in-Chief. All material submitted to *The Point* becomes the property of *The Point*.



# You are what you drive

By Sharlene K. Gugarty

What does your car say about you? Every so often, you hear of some middle-aged person (usually a man) going through some form of crisis and ending up with a new sports car. People speculate the fellow is trying to recapture his youth and avoid the ravages of aging. The mere purchase of a sports car seems to be an indicator of an upcoming downfall. Can membership in The Hair Club for men be far behind?

I have had more than a few cars in my driving career and lately I have been wondering if any of them made a statement about me. My first car, a sensible maroon Chevrolet sedan brought me to Boston for college. It had big bench seats so I could take as many as nine (skinny) friends home for holidays or to the Cape on weekends. It also proved to be adequate temporary housing when I left school and had to wait two weeks for my apartment to be ready.

That poor car met its end on a street in the Boston neighborhood where I settled, buried under a winter's worth of plowed snow and slush. I remember half-expecting the car would melt when its frozen casing did, becoming a maroon rivulet flowing into the sewer. It actually was towed away by an acquaintance who paid \$50 for it-four flat tires and all. A week later

it was on new tires and running around the neighborhood with all the energy of any creature that had just awakened from extended hibernation.

However, I was on to bigger things-a Chevrolet Nomad station wagon, the perfect car at the time. Heavy and powerful, equipped with studded snow tires and a V-8, this was the car that not only got me through the Blizzard of '78, but also moved me to the suburbs, hauling an entire apartment's worth of treasures in only one trip.

Following the philosophy "if big is good, bigger is better," I reasoned that my large station wagon should be retired in favor of an even larger car. I went from driving something that could haul an apartment to something that could be an apartment. I bought a vehicle that was the precursor to the SUV- an International Travelall. Take my advice-never buy a vehicle manufactured by a company that specializes in building farm equipment. This International Harvester product managed to reap all my savings, sow bad feelings among the mechanics I knew and create furrows in my brow from worrying about the next problem to crop up. This was soon retired in favor of the first in a series of classic junk cars.

The memories blur through this period. There was

the '65 Chrysler with the heater that only worked in the summer; the 70-something Dodge Dart that had no floor in its trunk; mother-in-law's Chevy Citation with the dashboard, cracked from being dried by the sun, looking like a Freddy Krueger victim. And yes, there was the obligatory minivan complete with two car seats, a booster seat and petrified french fries ground into the carpet (can you say "Happy Meal"?).

I even went through one of those mid-life moments myself when I bought a shiny red car and put a bumper sticker on the back that read "Escaped Mom-Don't Tell My Kids You Saw Me." Of course, it was a station wagon.

The wagon I have now is silver-it matches the color of most of my hair. The french fries are gone, replaced by coffee stains and Altoid boxes. There are back issues of The Point, notes from an English class that I took last year, and the usual detritus generated by a commuting college student. Maybe someday I'll drive the kind of car that tells the world how successful I've become-a Mercedes or a Lexus. For now my hard-working, no frills vehicle gets me where I want to go little wagon is just fine.

## Hunger Cleanup needs your help

The 18<sup>th</sup> Annual Hunger Cleanup is one of the largest student community action events in the country. Through the Cleanup, student volunteers raise money while taking on substantial work projects, such as repainting local shelters, repairing food banks, and planting community gardens. Volunteers gain valuable organizational and leadership experience through participation in this event. As a Leadership College, it is important for us to "think globally while acting locally," said Tullio Z. Nieman, FSC's Director of Student Activities and Campus Center. The Hunger Cleanup is the perfect way to do both!

The work performed and half the money raised stays directly in the local community. The 18<sup>th</sup> Annual Hunger Cleanup Committee chooses which agency or agencies will receive work support and funds. The remaining funds go to the NSCAHH (National Student Campaign Against Hunger and Homelessness, [www.studentsagainsthunger.org](http://www.studentsagainsthunger.org)). NSCAHH will use 35% of the remaining funds to continue developing their campaign. This includes the Hunger Cleanup, Food Salvage, and SPLASH (Students Pushing Legislative Action to Stop Hunger and Homelessness). The last 15% will go to IDEX (International Development Exchange). This year it will support the Girl-Child Network in Zimbabwe, a program designed to protect young girls from the threats of physical and sexual abuse in schools and at home.

FSC is also involved with the city of Fitchburg's The Millennium Communities Program. This is a "national, noncompetitive initiative designed by the White House Millennium Council to recognize communities throughout the country which are bringing citizens together to celebrate the millennium by paying tribute to the ideals and creativity that have shaped the past and by preparing their citizens for the 21<sup>st</sup> Century." FSC president Michael P. Riccards, Chaplain of the Newman Center Reverend Richard P. Lewandowski, and Nieman are active members of the Millennium Community Committee.

**Interested Hunger Cleanup Volunteers, Clubs, or Organizations please contact the following individuals:**

Michelle E. Walton: 978/665-9553      Andrea Cimino: 978/665-4238  
[michelleewalton@usa.net](mailto:michelleewalton@usa.net)

## The Bell Curve by JOHN BELL

Brought to you by Collegiate Presswire



© 2000 John Bell All Rights Reserved. <http://member.16k.com/johnbell77>



# FSC students win big with Campus's Living's 'Let's Make a Deal 'cuz the Price is Right'

By Amy S. Bobrowski and Courtney R. Parsons

Hey FSC, come on down! On Tues., Feb. 26, the Office of Campus Living staff held their own combined version of "Let's make a Deal 'cuz The Price is Right." Approximately 175 FSC students were in attendance at Weston Auditorium attempting to win about \$2000 in prizes.

The night started off in a "Let's Make a Deal" fashion as game host, Mike Courtney called off items from his list including, but not limited to \*NSYNC merchandise, a \$20 bill, a toothbrush, pink gloves, an incident report, parking ticket, paper clips, animal print cell phone covers, and Dunkin Donuts articles. Courtney's game continued in between "The Price is Right" starring Jon Verda as Bob Barker. Lisa Vaughan was the master of ceremonies and delighted the crowd when she called for enthusiastic contestants.

Similar to the real game show, FSC's ver-



These ladies of Campus Living show off prizes in the game of Higher or Lower.

sion included the much loved "Plinko," "Higher or Lower," "Switch-a-Roo," "Cover Up," and the giant game wheel. Of course no game of "The Price is Right" would be complete without the lucrative "Showcase Showdown." Showcases were comprised of large gifts including a stereo, George Foreman grill, a CD shelf, 19" television, DVD player, office chair, a rug, a stand up lamp set, and other small prizes that made both show-

cases collectively over \$700. Though both contestants participating in the showdown overbid and would not have received the larger prizes, but only parting gifts on the actual game show, the generous FSC staff awarded the showcase to Jimmy Rufo, the contestant with the closest bid.

Smaller, but equally as desired prizes were given out for the individual games including sports equipment, digital telephones, sandwich makers, vacuums, and other dorm room necessities or novelties.

Herlihy Hall Resident Assistant, Kevin Scanlon, stole the show as the vivacious Prize Princess with his impromptu appearances in revealing clothing, a Catholic School girl uniform, and even at one point just a towel. Also gracing the audience were five FSC R.A.'s who served as the lovely Barker Beauties lighting up the stage

**continued on page 5**



after this, the corporate ladder  
will be a piece of  
**[cake].**

In Army ROTC, you'll get to do stuff that'll challenge you, both physically and mentally. In the process, you'll develop skills you can use in your career, like thinking on your feet, making smart decisions, taking charge. *Talk to your Army ROTC representative.* You'll find there's nothing like a little climbing to help prepare you for getting to the top.

**ARMY ROTC** Unlike any other college course you can take.

**FSC Sophomores:**

**Apply now for paid summer leadership training and army officer opportunities.**

**For details call Army ROTC at 508-752-7209.**





# FSC pumped for new major

Continued from page 1

an important new addition to our curriculum," said FSC President Michael P. Riccards, "There's a high demand for graduates in this field."

The major will include two options: clinical exercise physiology and exercise science/fitness management. The curriculum will be based on guidelines issued by the American College of Sports Medicine. All students in the major will be required to complete an internship. Students in the program will also have the opportunity to be mentored by faculty through apprenticeships in areas such as strength and conditioning for athletes, exercise testing, and research. Graduates from this program will be able to go into many different work settings, including research facilities, health clubs, and health care facilities.

The major is naturally interdisciplinary because of its integration of anatomy, physiology, nutrition, physics, management, marketing, and financial reporting, all depending on the chosen track. "We will work closely with the biology, business administration and other department," said David Antaya, chair of the Exercise and Sport Science Department.

# Campus Living hosts game show

continued from page 4  
while handing out prizes.

The rest of the Campus Living staff could be found working the door, backstage crew, lighting crew, or near Door A or B on Prize Patrol. T.J. Powers provided the upbeat sounds of the evening.

Senior R.A., Kari Gaudreau efficiently organized and directed the evening's festivities.

Gaudreau worked with her fellow senior R.A. staff for the better part of the school year to prepare for the continuing success of this program as it has been for the past several



The whole gang gathered before the big night. More than just the actors, the game show required the hard work of the entire staff.

years. The hard work dedication of the Campus Living staff combined with the eager, prize hungry crowd made "Let's Make a Deal 'cuz the Price is Right" a tremendously entertaining event.

## SGA Election Information

**March 22-** Election packets due

**March 25-** campaigning begins

**March 28-** Meet the Candidates  
(3:30 p.m. in M&M Lounge)

**April 1,2,3-** ELECTIONS!

**April 5-** results are posted

## Calendar of events and activities

### Music

An Evening With Dave Brubeck -  
March 7, 8 p.m.; \$20 for public, \$15 for faculty and staff, \$10 for students; West on Auditorium.

### Film

WITS Movie Night - March 18, 7 p.m., "Songchaser"; March 20, 7 p.m., "Truth or Dare"; Underground.

### Special events

LASO Benefit Party - March 22, 10 p.m.-2 a.m.; Pub.

Playstation Tournament - March 20, 6 p.m.; Underground

Sigma Pi Brother Auction - March 7, 3 p.m.; Pub.

WITS Karaoke - March 21, 5 p.m.; Underground.

\*\*\*

Listings including date, time, location, admission fee, sponsor and contact telephone number may be sent by email to [point@fsc.edu](mailto:point@fsc.edu), or by campus mail to The Point, Hammond Building.



## New member adds pizzazz to PatMcGee Band



Brian Fechino, the newest member of The Pat McGee Band.

By Brad Smith

"Hey Rebecca, this is your pilot speaking, you're about to land," a familiar phrase to Pat McGee Band fans around the nation. The Pat McGee Band shows no signs of landing any time soon, as they have just come back from performing at the "Late Late Show" with Craig Kilborn in Los Angeles, CA. The Pat McGee Band is gaining national recognition after 6 years of touring and building up a huge college-aged fan base.

They play colleges and clubs 250 days out of the year. This has given them the power to jump into the radio world with fans that will push their music. Their current single, "Rebecca," is #12 on the Radio and Records Adult Alternative charts this week. Local stations 92.9 WBOS and 92.5 The River have "Rebecca" in a regular rotation. They recently performed at the WBOS lunchtime concert series in Boston.

"It's real exciting, what's going on with all this," said Pat McGee Band percussionist Chardy McEwan after the set. The band was watched by not only college students, but also suit-wearing businessmen grabbing a quick lunch in the food court. The food court was overflowing with people looking to see this band play its upbeat melodies and rocking solos.

The band is doing surprisingly well after a great artist, performer, and songwriter left the band. Al Walsh was the back up guitarist for the band up until the new year. He decided against the big-time and opted to work toward his solo career and his family. The Pat McGee Band now has Brian Fechino, who adds superior electric guitar skills to the band, lending his talent to the sound of the band.

Just a year ago, The Pat McGee Band never would have thought they would have gone this far. They released their debut record, "Shine" in April of last year. With Giant/Warner Records pushing this new band to the airwaves, they gained the air play that they had been without for six years.

The Pat McGee Band is currently completing an album, and they look forward to touring this coming spring. Watch for them at the Avalon Ballroom in Boston, and at the Pearl St. Nightclub, in Northampton, MA.

## 'Gosford Park' serves its purpose



by Roger Roy

When Robert Altman makes a new film, it's large productions with huge ensemble casts of major Hollywood movie stars, playing real people with full drawn out characters, each with their own subplots that intertwine only subtly, until the end when it all finally makes sense.

In "Gosford Park," Altman makes only two changes to this formula: Hollywood stars are replaced by amazing British talent that may be unfamiliar to most audiences, and a straight forward murder mystery supplants his traditionally complicated plot line. It is in these changes, however, where Altman charms his audiences in a new way.

The story takes place in 1932 at a gathering of aristocrats and their servants for a hunting country weekend at the estate of Sir William McCordle. Some time after all the guests are settled in and whose affairs begin to intertwine, Sir William McCordle is murdered. After the murder takes place, emotions unfold and secrets from the past are revealed that help the characters, and the audience, solve the mystery.

One of the best aspects of film is how it illustrates that fine line dividing the master-servant organization. If one pays attention

good enough, they will notice all the scenes have a servant with it. There is not one scene where there is not a servant in hearing range.

On the downside, is that "Gosford Park" is hard to follow. The style of filmmaking involves a web of characters and subplots that don't appear to have much to do with one another, and "Gosford Park" takes this to the next level.

Here, the murder takes place at the climax of this confusion, leaving you rather disoriented in the middle of the 2-hour-plus drama. Fortunately, the tone loosens up when a comedy-dim police inspector basically gets nowhere in his investigation, but the pieces start coming together through the other characters. The good news is that it all seems to come together in the end in a way that didn't require grasping every detail of every scene.

Despite its intricacies and confusing moments, there is more to "Gosford Park" that makes it interesting and enchanting. While it is clearly a sophisticated piece of film work with impeccable acting, directing and design, don't stress about not keeping up with it all the time. Sit back and take it in, and you should feel satisfied in the end.



# Gorillaz performance a disappointment to Avalon audience

By Kristine McCaffrey

The self proclaimed "multi-media hand job" left audiences feeling blue this past Monday night at the Avalon in Boston. The Gorillaz, England's first animated band, fronted by Blur's lead singer Dameon Albarn, played to a sold out audience of nearly 600 people, the only catch was, you couldn't see the band.

The Gorillaz performed a killer set of material from their album released this past summer featuring the band's biggest hit, "Clint Eastwood," behind a screen which blocked them out completely. No "Hello Boston" or even a "Thank you" after each song made for a frustratingly flat performance.

Above the screen where the band was hidden there was an elaborate animated show being projected, and it was set up so that the music being played went in time with the animation. It must have seemed like a good idea to the band when

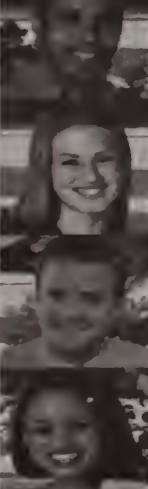
they came up with it, but as part of the audience, I felt like after the concert was over, no connection was made. I felt like I just watched TV for an hour and a half. If it wasn't for a post autograph signing and a pre radio show I would have doubted them actually being there at all.

The songs that they performed were played well, but I don't think that the audience could get past the fact that you couldn't see them. For an encore the band came back out on stage (behind their screen of course) and played two songs that they already played earlier in the set. The crowd was overall disappointed, what everyone thought was going to be a "kickass" and raucous time turned into a misguided attempt to bring animation into a venue with music, where perhaps it should not go.

One problem with setting up a show like this, is the animated background. Wherever the band plays it will be exactly the same. That is one of



Gorillaz, the England's first animated band. the reasons why you go see a band, to see what they're going to do onstage and what they do unrehearsed. The sad thing about this concert was that the songs were really good. The songs are well written, diverse in style and they were performed well, but if I were to ever go see them again I would now know exactly what to expect, like going into a mall, it will all be the same.



## Career Fair 2002

### Tuesday, March 26, 2002

2:00 p.m. - 5:30 p.m. • Worcester's Centrum Centre

**Over 100 prominent companies will attend Career Fair 2002.**

Some of the industries represented are

- Allied Health
- Education
- Financial Services
- Government
- High Tech
- Human Services
- Insurance
- Nonprofit
- Retail

**Why go to the Fair?**  
Because jobs are offered, contacts are made, and your questions are answered.

Plan for your future now! Discover some of today's best prospective employers under one roof. Have the opportunity to talk one-on-one with representatives from these companies and learn important information to keep you one step ahead in an increasingly competitive marketplace.

**Feature Presentations for Students**

Listen to and discuss topics important to YOUR job search and future career. Some of the presentations to be offered:

- Résumé Critique
- Job Search Videos
- Interview Tips

"I was able to get a lot out of last year's Career Fair. I spoke with people from over a dozen well-known companies in the financial services field and was offered three interviews."

Chris Graham  
Clark University

For a complete employer listing, visit our Web site: [www.cowc.org](http://www.cowc.org)



# A&T CAMPUS CREATIONS



Photograph by Meg Anderson

## Nameless Angel

By Andy Levine

She will come Now I wait	The fortune I greed I'll bring her the world, in the life which we lead	vision I'd stop the whole world for a single collision a mindless decision for a soul-deep inci- sion	so scattered, magic hands she will own
In my fate I have faith that my angel will appear Until we meet I'll shed a solitary tear because right now in my youth Loneliness remains as my biggest fear	She'll turn the black and white of my life into colors Monet I stand lost on this road, but she'll show me the way The last words that I'll speak; Her name I will say	I'll live and die in the depths of her soul This, for now, Nameless Angel, will make my world whole When I expect it the least this angel will make my loneliness cease She will cause all the stakes that I own to forever increase When I see her at first all my stress will release This waiting with patience seems so unfair to my heart As I hope and I breathe For my life to start With my puzzle	A portrait of passion not created alone This angel of all things will see me inside  To her I am open with nothing to hide  If never I find her or She never finds me I hope to God I am blinded So my heart cannot see  So, as I live and I give sleep and just dream of how it might be when it's my angel I see My imagination is taunted of when she'll arrive My soul will awake and again be alive
I need to find her or She has to find me Because a future without her I don't want to see Her passion will burn through the darkness of night but my flame for her will dim all other light She'll become the blood that I bleed	We will be one together to each other more crucial than the sun Her smile will ease all of my pain Her beauty to me, will drive me insane The power she gives me, on my heart, will just stain Love is a thought written and reasoned by a want for it's		



Illustration by  
Jon Jones

## SUBMIT TO CAMPUS CREATIONS!!!

Send a poem, short story, drawing,  
graphic or photograph to:  
**POINT@FSC.edu**  
Call Amy or Andy at X3647  
for more info.



---

# Room Selection 2002-2003

## Don't Miss Your Chance...

Same Room Selection ends  
Friday March 8th at 4:30 P.M.

To reserve the same room you live in now for the 2002-2003 school year, bring your signed room and board contract, the \$50 room reservation fee (cash, check or money order) and your FSC ID to the Office of Campus Living by Friday March 8th at 4:30 PM.

No contracts will be accepted between March 9th and March 19th. Any rooms not reserved by their current occupants during this week (March 4 - 8, 2002), will be made available to other students at Room Extravaganza on March 20th in the M&M Lounge, beginning with Same Hall Room Selection at 7:30 A.M.

Room Extravaganza  
March 20th at the M&M Lounge.

Same Hall Room Selection is from 7:30 AM to 12:59 PM.  
Any Hall Room Selection is from 1:00 PM - 6:00 PM.

To select a different room in your current building or a room in a different building, students must bring their FSC ID, their signed room and board contract, and a \$50 room reservation fee (cash, check or money order). If you are unable to attend, please stop by the Office of Campus Living prior to Room Extravaganza to pick up a Proxy form.

**Only current residents are eligible to participate in Same Room Selection and Room Extravaganza. FSC students who are non-residents can come to the Office of Campus between March 21st and May 17th, 2002 to submit a room and board contract and select a room for the 2002-2003 academic year. Contracts submitted after May 17th will not be assigned until all incoming students have been accommodated.**

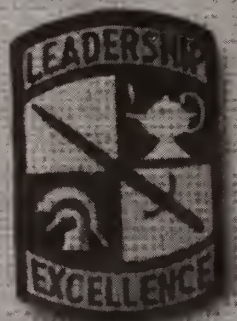




you take care of the patients,  
we'll help take care of the  
**[tuition].**

If you want to give your nursing career a shot in the arm, you need experience — not the headache of how to pay your tuition. Qualify for an Army ROTC nursing scholarship, and you'll not only get hands-on clinical training, you'll develop leadership skills you'll be able to tap into for your entire career. *Talk to us at the Army ROTC department. We'll take care of you.*

**ARMY ROTC** Unlike any other college course you can take.



**FSC Nurses! Become a nurse in the Army and take charge of your career!**  
**Full tuition, stipend + books! 508 752-7209**



# SPORTS

## Women's Softball 2002 Schedule

3/19 Johnson & Wales 4:00  
 3/21 Western New England 3:00  
 3/22 **Curry 3:00**  
 3/27 **Lasell 3:30**  
 3/30 Massachusetts Maritime Noon  
 4/2 UMass-Dartmouth 3:30  
 4/4 Pine Manor 3:30  
 4/6 Framingham 1:00  
 4/10 Plymouth State 4:00  
 4/11 **Rivier 5:00**  
 4/13 **\*Westfield State Noon**  
 4/15 **\*Salem State Noon**  
 4/17 Elms 5:00  
 4/18 New England College 3:00  
 4/20 **Mass. College (2) Noon**  
 4/23 Worcester State (2) 5:00  
 4/25 **Keene State (2) 3:30**  
 4/27 **Bridgewater State (2) Noon**

## Men's Baseball 2002 Schedule

3/16 Warner Southern Noon  
 3/16 Warner Southern  
 3/19 Johnson & Wales 4:00  
 3/21 Western New England 3:00  
 3/22 **Curry 3:00**  
 3/26 WPI 3:30  
 3/28 **Keene State 3:00**  
 3/29 **Babson 3:00**  
 3/30 \*Massachusetts Maritime Noon  
 3/30 \*Massachusetts Maritime  
 4/6 \*Framingham State 1:00  
 4/6 \*Framingham State  
 4/9 Suffolk 3:00  
 4/10 **Rivier 3:30**  
 4/13 **Westfield State Noon**  
 4/13 **\*Westfield State**  
 4/15 **\*Salem State Noon**  
 4/15 **\*Salem State**  
 4/16 Becker 4:00  
 4/18 Franklin Pierce 3:30  
 4/20 **\*Massachusetts College Noon**  
 4/20 **\*Massachusetts College**  
 4/23 \*Worcester State 2:30  
 4/23 \*Worcester State  
 4/27 **\*Bridgewater State Noon**  
 4/27 **\*Bridgewater State**  
 4/30 UMass-Boston 3:00

## Track and Field 2002 Schedule

Sat. March 30 - at WPI  
 Sat. April 6 - FSC Co-Ed Invitational  
 Sat. April 13 - Eric Loeschner Meet  
 Sat. April 20 - at Northeastern - TBA  
 Sat. April 27 - at MASCAC /Alliance  
 Championship (at Westfield)  
 Sat. May 4 - at New England Division  
 III (M - at Williams; W - Spring  
 field)  
 Sat. May 11 - All New England's (at  
 Northeastern)  
 Sat. May 18 - at ECAC's (at Spring  
 field)

*Launch Your Career*



*Fitchburg State College*  
**CAREER AND  
 GRADUATE SCHOOL  
 FAIR**

**April 2, 2002 1:30 p.m. - 5:30 p.m.  
 Hammond Building - M & M Lounge**



## National Sports Fitness day is a hit

Continued from page 1

The Fitness Testing and Nutrition Analysis programs also ran for the majority of the day. Participants were evaluated on muscle strength, endurance and flexibility, as well as body fat composition and maximum oxygen consumption. During these tests, the heart rates of the participants were measured while relaxed and again after riding for approximately 10-12 minutes on a stationary bike.

The Nutrition Analysis allowed participants to compare their daily eating habits with FDA recommendations. FSC student Amber Knight said, "I'm so glad they're doing this because I really want to discover the state of my health and what I have to do to maintain its level."

The Rock Climb Challenge was also a first time event. Similar to a treadmill, participants clung to the wall as the course rotated. Speed and incline increased and winners, Kevin Scanlon in the student's category and Noah Yannie in the Master's category, were those who were able to stay on the wall the longest. Students agreed that the \$9000 FitRock rotary climbing wall was a great investment.

"It's a really good workout and it's more fun than lifting weights," said sophomore Jamie Adams.

Ben Reed agrees the wall presents a difficult, but hard to resist challenge, "It's not as easy as it looks. When it starts tilting, it really tests your strength."

The afternoon Racquetball Clinic run by Intramural Director, Peter Murray. Recreation Services Director, Noah Yannie allowed racquetball enthusiasts to hone their skills and have some fun.

Students in the Fitness Management class have worked very hard since the first days of the semester to put together the events for National Sports and Fitness Day. Not only did they have to run the day's activities, but also had to dedicate much of their time to the necessary extensive planning of the event. The students were able to choose the variety of the programs with out discrepancy.

"The program is pretty well rounded. We wanted to cover everything. Some people wanted to include basketball, others wiffleball and wallyball, so we decided to make them all one program," said FSC junior Grahm Smith.

The preparation did not end there. Students were also responsible for scheduling the day's activities, registration for events, advertising the program, designing pamphlets and fliers, as well as creating a questions for a survey in order to evaluate their efforts. "The hardest part was coordinating the times. We wanted to make it so that many students could participate in several events," said Josh Donovan.

Over 75 students and staff turned out to pump up, put their bodies to the test and to discover their fitness and nutrition levels. Participants were encouraged to keep a workout at the Rec Center part of their routine. Myers believes the program raised the popularity of certain machines, "The results of the events will probably increase the usage of cardio machines because people realize what a good workout they can get from them and what needs improvement," said Myers.

National Sports and Fitness events were an entertaining way for individuals to get their exercise without the daily grind. Participants pushed themselves to the limit, but were incited by challenge and motivated to try machines they had never used.

## Why use the Fitness Center?

By Kristen Wightman

What is it about the gym that gets you heart pounding? Could it be the cardiovascular workout that allows you to break a sweat and increases your heart rate, or the sight of muscle-bound men flexing their muscles, or the thin, toned girls in tight spandex? Think about it. For all we know, we could be going to the gym for more reasons than just a workout.

The FSC Fitness Center is a room full of cardio machines that can help you to burn off calories, light weight machines to tone your muscles, free weights that can get you buff, and abdominal machines that can give you the abs that you always wanted. However, for them to work you have to use them.

Do you find yourself talking to more people than working out? Well, the gym is a great place to

meet people and socialize. Most likely, you will find at least a few people working out when you go and more likely it is someone you have seen there before. It is also more likely for a group of friends to go than just one person. When you walk into the fitness center, it may seem to be a place that will involve you having a workout, but also a place that you can see your classmate or suitemate.

When you think about the gym, what is the image that pops into your head? At FSC, the room is full of people of all shapes and sizes who all share a common goal. They are trying to do something with their bodies. Everyone is sweating, everyone is wearing workout gear, and everyone looks like crap. However, you never know. You might just meet that special someone.

What is more exhilarating than the feeling after a good workout?

However, to come to that feeling, you need the ambition to start. What does the fitness center have to make it more fun? They have music that may get you pumped up for lifting, televisions for when you are using the cardio machines, and mirrors that let you have a peek at yourself. The gym is designed for an enjoyable experience.

Working out not only tests your physical ability, but also gives you confidence in yourself. Looking in the mirror is a motivational tool, allowing students to compare themselves with others. Unfortunately, if you are the little guy, you may feel intimidated.

What is your reason for going to the gym? This question can be answered by the obvious; however, is that the real reason? Go to the gym yourself and figure it out. You may find new reasons to get into better shape.

## Boston Red Sox April Schedule

4/1/02	Blue Jays	1:05 PM
4/3/02	Blue Jays	6:05 PM
4/5/02	at Orioles	7:05 PM
4/6/02	at Orioles	1:35 PM
4/7/02	at Orioles	1:35 PM
4/9/02	Royals	6:05 PM
4/10/02	Royals	6:05 PM
4/11/02	Royals	6:05 PM
4/12/02	<b>Yankees</b>	<b>6:05 PM</b>
4/13/02	<b>Yankees</b>	<b>1:05 PM</b>
4/14/02	<b>Yankees</b>	<b>1:05 PM</b>
4/15/02	<b>Yankees</b>	<b>11:05 AM</b>
4/16/02	at Blue Jays	7:15 PM
4/17/02	at Blue Jays	7:15 PM
4/19/02	at Royals	8:05 PM
4/20/02	at Royals	7:05 PM
4/21/02	at Royals	2:05 PM
4/23/02	at Orioles	7:05 PM
4/24/02	at Orioles	7:05 PM
4/25/02	at Orioles	7:05 PM
4/26/02	Devil Rays	6:05 PM
4/27/02	Devil Rays	1:05 PM
4/28/02	Devil Rays	1:05 PM
4/29/02	Orioles	6:05 PM
4/30/02	Orioles	6:05 PM